

Common Nutrient Content Claims

What do they mean?

Nutrient Content Claim	Definition
<p>FAT</p> <ul style="list-style-type: none"> • Low fat • Fat free • Low saturated fat • Free of saturated fat • Reduced in fat or lower in fat compared to the original product • Trans fat free • Source of omega-3 polyunsaturated fatty acids • Source of omega-6 polyunsaturated fatty acids 	<ul style="list-style-type: none"> • Maximum 3 g fat per serving • Less than 0.5 g fat per serving • Maximum 2 g saturated and trans fat combined per serving • Less than 0.2 g saturated fat and 0.2 g of trans fat/serving • Must be 25% or more less fat compared to the original product • Must be less than 0.2 g trans fat AND less than 2 g saturated and trans fat combined per serving • Must contain 0.3 g or more of omega-3 polyunsaturated fatty acids per serving • Must contain 2 g or more of omega-6 polyunsaturated fatty acids per serving
<p>CHOLESTEROL</p> <ul style="list-style-type: none"> • Cholesterol free • Low in cholesterol 	<ul style="list-style-type: none"> • Less than or equal to 3 mg of cholesterol and maximum of 2 g of saturated and trans fat combined per serving • Less than or equal to 20 mg of cholesterol and maximum of 2 g of saturated and trans fat combined per serving
<p>SUGAR</p> <ul style="list-style-type: none"> • Low or light in sugar • Reduced sugar or lower in sugar 	<ul style="list-style-type: none"> • Less than or equal to 2 g sugars per serving • Must have a 25% reduction in sugar compared to the original product
<p>FIBRE</p> <ul style="list-style-type: none"> • Very high source of fibre • High source of fibre • Source of fibre 	<ul style="list-style-type: none"> • Greater than or equal to 6 g fibre per serving • Greater than or equal to 4 g fibre per serving • Greater than or equal to 2 g fibre per serving
<p>ENERGY</p> <ul style="list-style-type: none"> • Low calorie or low energy • Calorie free 	<ul style="list-style-type: none"> • Must be 50% less calories compared to the same food not calorie reduced per serving • Less than or equal to 1 calorie per serving
<p>SALT/SODIUM</p> <ul style="list-style-type: none"> • Low sodium or low salt • Sodium free • Reduced sodium or lower in sodium 	<ul style="list-style-type: none"> • Less than or equal to 140 mg sodium per serving • Less than or equal to 5 mg sodium per serving • Must have a 25% or more reduction in sodium compared to the original product
<p>LIGHT</p>	<ul style="list-style-type: none"> • If referring to a specific nutrient, only allowed on foods that are either reduced in fat or calories • "Light" can also be used to describe a feature of the food such as "light in colour."



Health Related Claims

Which ones are allowed?

The following disease related health claims are allowed on products that meet the requirements.

1. “A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease. (Naming the food) is sodium-free.”
2. “A healthy diet with adequate calcium and vitamin D, and regular physical activity, help to achieve strong bones and may reduce the risk of osteoporosis. (Naming the food) is a good source of calcium.”
3. “A healthy diet low in saturated and trans fats may reduce the risk of heart disease. (Naming the food) is free of saturated and trans fats.”
4. “A diet rich in a variety of vegetables and fruit may help to reduce the risk of some types of cancer.”
5. “Won’t cause cavities.”; “Does not promote tooth decay.”; “Does not promote dental caries.”; “Non-cariogenic.”